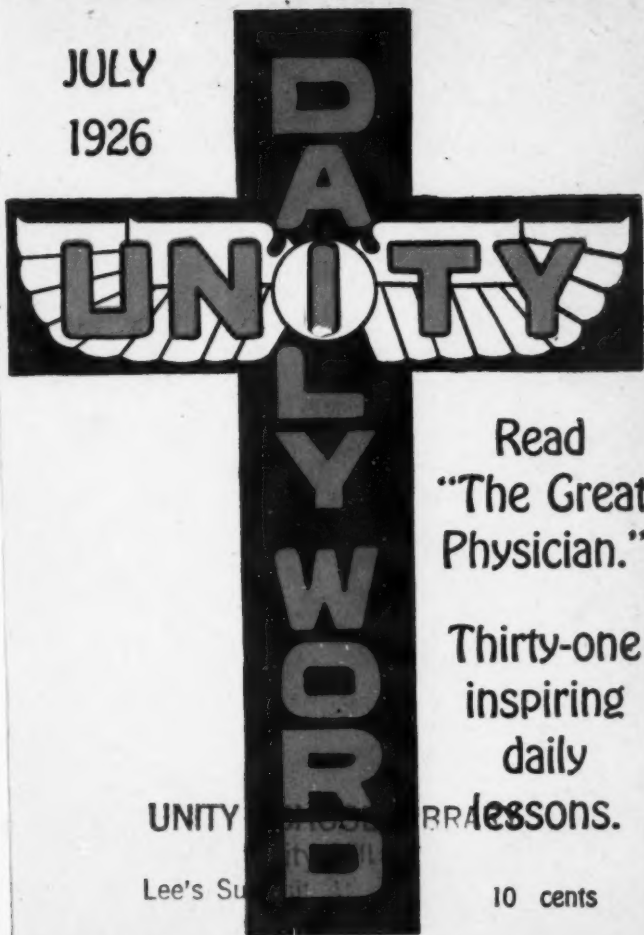


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1. Thou shalt not complain of the weather. God controls the winds and waves.

2. Thou shalt have no fear concerning thy food and thy drink. "Fear hath torment, and kills."

3. Thou shalt not dwell in sensations. Live in Spirit. "Soul knows no deformity nor pain."

4. Thou shalt not criticize thy neighbor. He is God's child and entitled to thy love.

5. Thou shalt not worry over thyself or thy friends. "Trust in Him, and he will give thee thy heart's desire."

6. Thou shalt not despise any living thing. "All is from God and God is all."

7. Thou shalt not "pollute the morning" with a doleful face. "In His presence is fullness of joy."

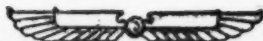
8. Thou shalt not be in bondage to weakness or doubt. "He is the health of thy countenance. His truth shall be thy shield and thy buckler."

9. Thou shalt not be afraid to go wherever duty calls. "He giveth his angels charge over thee, to keep thee in all thy ways."

10. Thou shalt lie down and rest in peace. "Underneath are the everlasting arms."—*Selected.*

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# UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by  
**UNITY SCHOOL OF CHRISTIANITY**  
917 Tracy, Kansas City, Missouri  
F. B. WHITNEY, *Editor*

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This month Unity Daily Word celebrates its second anniversary, although it has been quite a grown-up from the time of its conception.

How encouraging those letters of appreciation have been to him who writes the lessons and special articles for you, who began his editorial experience with the first issue, July, 1924.

We begin the third year with many little surprises and new ideas in mind. Let us gather around our metaphysical birthday cake, pledging ourselves to a closer bond of unity during the days to come.

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## A METAPHYSICAL PLATFORM

F. B. WHITNEY

In Truth, there is no devil. God alone has being.

In Truth, evil does not exist. Good alone has existence.

In Truth, there is no law of adversity. Divine Principle alone reigns.

In Truth, there is no mortal thought. Divine Mind is the only thinker.

In Truth, lack cannot endure. Substance alone has permanence.

In Truth, death is not real. Life alone has reality.

In Truth, hate is never present. Love alone has presence.

In Truth, there is neither ignorance, superstition, nor fear. The light of God shines eternally.

## THE GREAT PHYSICIAN



MANY of us who have gained an understanding of the healing Christ like to read our Bibles in the light of Truth. We find that the Bible is a veritable textbook of healing. Both the Old Testament and the New Testament abound in rich passages based upon healing.

Jesus Christ is the great central figure of Christianity. Spiritual healing centers about him. The Christ consciousness which he held before men as the means by which healing could be accomplished is as vital and as demonstrable today as at any time in the past. Jesus taught that the Truth established in consciousness would free men from the sins and diseases of the flesh.

Occasionally, we discover truth in some old hymn whose message did not reach us in days gone by.

"The great Physician now is near,

The sympathizing Jesus,

He speaks the drooping heart to cheer,

O hear the voice of Jesus."

We live in a day when vast numbers of people are turning to Jesus Christ for comfort and for healing. Through the study of Christian metaphysics they find that Christ is always near to them. They find the great Physician always at hand. They discover that there are no cases too difficult for him.

Turning to the Bible, we find many passages which will be helpful in applying Christian metaphysics to the body. The healer or teacher should prepare a list of these for ready reference. The following grouping is but a suggestion.

## EYES

The commandment of Jehovah is pure, enlightening the eyes.—*Psalms 19:8.*

Look, ye blind, that ye may see.—*Isa. 42:18.*

The lamp of the body is the eye.—*Matt. 6:22.*

Blessed are your eyes, for they see.—*Matt. 13:16.*

The eyes of the blind shall be opened.—*Isa. 35:5.*

Blessed are the pure in heart: for they shall see God.—*Matt. 5:8.*

## EARS

Speak . . . for thy servant heareth.—*I Sam. 3:9.*

Blessed are . . . your ears, for they hear.—*Matt. 13:16.*

The ears of the deaf shall be unstopped.—*Isa. 35:5.*

Mine ears hast thou opened.—*Psalms 40:6.*

He wakeneth mine ear to hear.—*Isa. 50:4.*

In that day shall the deaf hear the words of the book, and the eyes of the blind shall see.—*Isa. 29:18.*

His ears were opened.—*Mark 7:35.*

## MOUTH

My mouth shall praise thee with joyful lips.—*Psalms 63:5.*



His mouth was opened immediately, and his tongue loosed, and he spake, blessing God.—*Luke 1:64.*

That which my lips know they shall speak sincerely.—*Job 33:3.*

The tongue of the wise is health.—*Prov. 12:18.*

The tongue of the dumb shall sing.—*Isa. 35:6.*

I also have given you cleanness of teeth.—*Amos 4:6.*

## FACE

The light of my countenance they cast not down.—*Job 29:24.*

Then shalt thou lift up thy face without spot.—*Job 11:15.*

The skin of his face shone.—*Ex. 34:30.*

Jehovah, lift thou up the light of thy countenance upon us.—*Psalms 4:6.*

Thou art fairer than the children of men.—*Psalms 45:2.*

## HEAD

Blessings are upon the head of the righteous.—*Prov. 10:6.*

Everlasting joy shall be upon their heads.—*Isa. 51:11.*

Thou hast anointed my head with oil.—*Psalms 23:5.*

Not a hair of your head shall perish.—*Luke 21:18.*

The very hairs of your head are all numbered.  
—*Matt. 10:30.*

## BREATH

He himself giveth to all life, and breath, and all things.—*Acts 17:25.*

The spirit of God is in my nostrils.—*Job 27:3.*

Thus saith the Lord Jehovah: Come from the four winds, O breath, and breathe upon these slain, that they may live.—*Ezek. 37:9.*

Behold, I will cause breath to enter into you, and ye shall live.—*Ezek. 37:5.*

## BODY

He spake of the temple of his body.—*John 2:21.*

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies.—*Rom. 8:11.*

If by the Spirit ye put to death the deeds of the body, ye shall live.—*Rom. 8:13.*

Your body is a temple of the Holy Spirit which is in you, which ye have from God . . . glorify God therefore in your body.—*I Cor. 6:19, 20.*

## HEART

Let not your heart faint; fear not.—*Deut. 20:3.*

Let your heart therefore be perfect.—*I Kings 8:61.*

Let your heart live forever.—*Psalms 22:26.*

Therefore my heart is glad.—*Psalms 16:9.*

Let thy heart take courage.—*Psalms 27:14.*  
Thou hast put gladness in my heart.—*Psalms*  
4:7.  
My heart shall not fear.—*Psalms 27:3.*  
Let not your heart be troubled.—*John 14:1.*

## BLOOD

I will cleanse their blood.—*Joel 3:21.*  
Born, not of blood . . . but of God.—*John*  
1:13.  
A woman, who had an issue of blood . . . was  
made whole from that hour.—*Matt. 9:20-22.*  
Precious will their blood be in his sight.—*Psalms*  
72:14.  
I am pure from the blood of all men.—*Acts*  
20:26.  
I thoroughly washed away thy blood.—*Ezek.*  
16:9.

## BONES

His bones are as tubes of brass.—*Job 40:18.*  
Knit me together with bones and sinews.—*Job*  
10:11.  
It will be . . . marrow to thy bones.—*Prov. 3:8.*  
Not one of . . . [his bones] is broken.—*Psalms*  
34:20.  
The bones which thou hast broken may rejoice.  
—*Psalms 51:8.*  
Your bones shall flourish like the tender grass.  
—*Isa. 66:14.*

## HANDS

The arms of his hands were made strong.—*Gen. 49:24.*

Be ye strong, and let not your hands be slack.—*II Chron. 15:7.*

Thou hast strengthened the weak hands.—*Job 4:3.*

Lift up the hands that hang down, and the palsied knees.—*Heb. 12:12.*

Stretch forth thy hand. And he stretched it forth; and his hand was restored.—*Mark 3:5.*

## LOINS, KNEES

Righteousness shall be the girdle of his waist, and faithfulness the girdle of his loins.—*Isa. 11:5.*

His strength is in his loins.—*Job 40:16.*

Thou hast made firm the feeble knees.—*Job 4:4.*

Strengthen ye the weak hands, and confirm the feeble knees.—*Isa. 35:3.*

His legs are as pillars of marble, set upon sockets of fine gold.—*Song of Sol. 5:15.*

## FEET

Thy word is a lamp unto my feet.—*Psalms 119:105.*

Their feet were straight feet.—*Ezek. 1:7.*

Immediately his feet and his ankle-bones received strength.—*Acts 3:7.*

Then shall the lame man leap as a hart.—*Isa.*  
35:6.

Stand upright on thy feet. And he leaped up  
and walked.—*Acts 14:10.*

My foot hath held fast to his steps.—*Job 23:11.*

## FLESH

I will pour out my Spirit upon all flesh.—*Joel*  
2:28.

Jehovah God . . . closed up the flesh instead  
thereof.—*Gen. 2:21.*

Thy flesh shall come again to thee, and thou shalt  
be clean.—*II Kings 5:10.*

I will lay sinews upon you, and will bring up  
flesh upon you, and cover you with skin.—*Ezek.*  
37:6.

Let us cleanse ourselves from all defilement of  
flesh and spirit.—*II Cor. 7:1.*

Viewed in this light, the Bible becomes almost a  
new book to us, even though it still retains its char-  
acter as an old friend. As we read the New Testa-  
ment, we feel that Jesus was healing people wherever  
he went. We no longer think of his healing work as  
incidental or secondary.

“That good Physician liveth yet  
Thy friend and guide to be;  
The Healer by Gennesaret  
Now lives and works through thee.”

## THURSDAY, JULY 1

Today's Watchword: *I am not concerned about things of the past. I enjoy the blessings of today.*

When we look to the past with its failures and its adversities, we tend to make our present the same as the past. If today is spent in reflecting upon the sorrows of yesterday, then we make today but a continuation of the past and its adverse situations.

Some students of medieval history become so carried away with their studies that they really live in days of medieval hardships and persecutions. They become so engrossed in the horrors of the past that they shut out the joys and the sunshine of today.

Our future happiness is the outgrowth of that of today. We assure happiness in the future by building up a strong consciousness of happiness now. Today is but yesterday's future, and if yesterday was well spent, today becomes one of joy and of happiness.

All about us are blessings. We connect up with them through the right consciousness. We establish a relation with them and make them ours through adjusting our thoughts. All blessings regardless of their kind primarily are found within our own minds. We must keep in mind that within us lie all of God's richest blessings.

If you don't want to have what you had, quit looking back at it.—*Unity Calendar (for July).*

## FRIDAY, JULY 2

Today's Watchword: *Filled with love, my heart prompts me to compassion and forgiveness. I forgive and forget every personal injury. Divine love unifies me with all people.*

If one carries a belief in personal injury in his consciousness, he can best rid himself of it by letting divine love displace it. When the heart is filled with love, there can be no place for malice in any of its forms.

What if another has tried to injure us? Can we help matters, in the least, by closing our hearts against him? If another wishes us harm, possibly he would want us to feel hate, unforgiveness, and malice. Regardless of his attitude, our disposition should be one of love at all times. We cannot be excused for being unloving simply because some one else has been unloving. We cannot afford to be tense and unresponsive, cold and hard, just to show another that he cannot "put something over" on us.

Lose sight of personality and personal injury by rising to a consciousness of universal love. One who seeks to injure another needs that one's help. We cannot all be foreign missionaries but we can carry the light and the gospel of love to those about us who live in darkness.

There was no room in . . . [his heart] to hold the memory of a wrong.—*Emerson.*

## SATURDAY, JULY 3

Today's Watchword: *I take no part in personal strifes and contentions. The principle of Truth in my consciousness is mighty to adjust all things.*

We gain nothing by quarreling, attempting to get the best of the argument by establishing our own personal ideas. Such strenuous efforts only tend to widen the breach between us and those whom we would convert to our personal views.

We can right all situations by letting the principle of Truth within us have first place. We find ourselves relaxing from the throbbing efforts of personal consciousness. We find peace and harmony taking the place of personal strivings. We find both ourselves and our opponents coming together on mutual ground through the unity of human sympathy.

Next, those who would oppose us are touched with the desire to do right. Our consciousness of right and truth has awakened within them the same realization. The adjusting power of God, the all-powerful One, has begun its work.

When one quarrels with another, he helps that one to close his mind against the ideas which are given to him. When two people become harmonized, they enter into the unity of divine understanding. They think with one mind.

It is an honor for a man to keep aloof from strife.—Solomon (*Proverbs 20:3*).



## SUNDAY, JULY 4

Today's Watchword: *Mentally free from all belief in bondage, I am free from every limitation in body and affairs. I am free, harmonious, healthy, prosperous!*

All freedom must first take place in consciousness. The country which would free itself from the tyrant must first have men who have the consciousness of freedom. One who wishes to free himself from slavery should no longer behold himself as a slave.

Jesus came to stir men from the lethargy of bondage to the truth of their divine freedom. His truth when rightly understood frees man from inharmony, disease, and lack. Jesus sought to lift men to the Christ consciousness, the realization that in Truth they were absolutely free, unlimited, unfettered.

Many a horse has stood for hours with a bridle rein thrown loosely over a post. He was just as much tied to the post as if he had been fastened by heavy chains. He was held by the belief that he was tied. Many a man is mentally chained by the belief that he is unable to walk, unable to succeed. The Truth alone can set him free.

If one would claim his freedom, let him first be free in mind, free from every binding belief.

He is the freeman whom the truth makes free,  
And all are slaves besides.

—Cowper.

## MONDAY, JULY 5

Today's Watchword: *God is the principle of my life and all that I say and do is measured by this principle of truth and right.*

In one's thinking and acting, he follows either a standard which leads to confusion, disorder, injustice, and adversity or else he has a standard of truth and right. We may so classify all our thoughts as to see that they come under one heading or the other.

Man has always had access to the principle of right. Often when he diverges from the right, he suddenly becomes conscious of this principle. It seems to draw him away from evil. He may say that his conscience has called a halt.

This occasional realization of the principle of right serves to show us how delightful must be the ability to live constantly in touch with God, the eternal principle of truth. One who lived in this close unity with God would be assured that all he did or said was in keeping with higher principles.

To realize that God is the principle of our living and our thinking is to gauge all our thoughts and deeds in such a way as to measure them up to the standard of spiritual consciousness.

God is the one Principle; we are all as free to use God as we are free to use the principles of mathematics and of music.—*Christian Healing.*

## TUESDAY, JULY 6

Today's Watchword: *The light and wisdom of God illumine me, and my consciousness is radiant with his glory.*

In truth, man has access to the very wisdom of God. When man is awakened to his spiritual consciousness he is aware of divine wisdom. All that he has idealized as true of God, he finds true of himself.

Man has been called a meditation or reflection of God mind. Man, in the ideal, is the product of divine thought. Divine Mind, in man, externalizes as spiritual man. Man perceives the light of truth and manifests himself spiritually.

The light and the wisdom of God active in the consciousness of man drive out all ignorance, superstition, and fear. These are replaced by the glory of the very presence of God. When the consciousness of man becomes spiritually illumined his whole being becomes saturated with the glory of the divine. Even his body reflects the light of his spiritual reflections. If one would have the light of God shining in his consciousness, let him see that no adverse thought is given place there. Let him meditate often upon the light. Let him think of himself as the light rays of the divine sun within him.

Wisdom . . . is the brightness of the everlasting light, the unspotted mirror of the power of God, and the image of his goodness.—*Apocrypha*.

## WEDNESDAY, JULY 7

Today's Watchword: *Rising above all personal feelings, I realize that I am individualized in God. I am impersonal and universal in all that I think and do.*

One should never allow the adverse feelings and the acts of others to affect his own feelings and acts. If he does, he may take this as evidence that he is still functioning in personal consciousness.

One functions in personal consciousness when he acts from the standpoint of selfish motives or when he allows the personality of another to sway him.

One is centered in God, in Truth, when he thinks and acts from an impersonal and universal viewpoint. The goal of man is this impersonal life, this life of freedom from personality, a life of at-one-ment with God. When we make this unity with God, we are universal in thought and deed.

Jesus is an example of unselfishness and impersonality. He gave virtually no thought to himself. He judged men by the Truth, not by his own personal feelings or by their personalities. Jesus was a superior man because of his consciousness of universal life and love.

We see life in a different light when we learn to live according to the universal rule.

Silently affirm your own individuality, your oneness with God, and your superiority to personality.  
—*Lessons in Truth.*

## THURSDAY, JULY 8

Today's Watchword: *I no longer think of myself as limited in any way. I realize the truth that I am the son of God, unlimited and complete.*

We may think of the first and the second birth in this way: The first birth refers to that condition in which man finds himself when he views himself and the universe from the standpoint of relative truth. He is born again or comes into the second birth when he beholds himself as spiritual, complete in God.

The whole process is one in consciousness. It involves the exchange of a limited idea for one of absolute truth. Conversion of heart is but a change of consciousness.

The person who thinks of himself as something that is diseased, full of pain, in bondage to worry and poverty, is but the man of flesh who has gone no farther than the first birth. When he realizes the truth that he is the son of God, without limitation, disease, pain, or lack, he is born again. This second birth annuls the so-called laws of the first.

The young business man who has believed himself a failure finds himself born into a new world when he gets the consciousness of his innate ability to achieve and to succeed.

Marvel not that I said unto thee, Ye must be born anew.—*Jesus (John 3:7).*

## FRIDAY, JULY 9

Today's Watchword: *Through my consciousness of truth and right, I have power to cause every situation to yield me abundant good.*

We may define evil as the effect of thought not emanating from spiritual consciousness. When we are established in the Truth of God, all our thoughts are good. Good thoughts produce good.

There is but one Divine Mind, one spiritual consciousness, one science of truth. Evil thoughts have no place in spiritual consciousness or in divine science. When man is not in communion with God, he thinks ungodly thoughts, he sees things in wrong relationships, he beholds evil.

We can cause what seems evil to produce good for us. We transform the thought-energy which produces evil into energy which produces good. We unify ourselves with the one mind of good and no longer think evil thoughts. The substance which we would have used in evil thinking is now used in positive and constructive thought.

Through the transforming power of Truth, we can change chaos to order, disease to health, lack to plenty. Truth set into operation annuls the negative work of wrong thinking. Truth displaces evil and, in the place of evil, Truth is established.

Out of our evil seek to bring forth good.

—Milton.

## SATURDAY, JULY 10

*Today's Watchword: No person or power can interfere with the freedom of my thought. My mind is free from every restricting belief.*

Free will, devoid of theological speculations about it, is that condition in which the mind is perfectly free from all limiting beliefs. Man can think whatever he chooses to think. He can think earthward or Godward. He may be physically imprisoned but only he himself can make the mental prison.

We imprison ourselves mentally when we believe that any person or power can direct our minds into a certain channel which we do not desire. The one who believes he can be mentally dominated sets up a mental condition in which he is hedged in by whatever belief he has established as powerful to limit him. Remember that the individual himself decides whether or not he is mentally free.

There is but one other state in which man would not be mentally free. When he realizes absolute truth, he will be unable to conceive of error; he will have to think in just one line. All his thoughts will be in keeping with Principle. His freedom to think as he wishes will be changed into a new freedom, that which comes through thinking Truth.

If . . . [man's] will were restricted in the least degree on any side, he would not be perfectly free.  
—*Christian Healing.*

## SUNDAY, JULY 11

Today's Watchword: *I have courage to overcome all things, even as Jesus Christ overcame.*

Many persons seem to have the belief that Jesus was born with a power to overcome all things. We should think of Jesus as developing in his spiritual consciousness just as we have to develop. He needed to become conscious of his innate powers. There are evidences that he was not always conscious of these.

Jesus was in a continual process of unfoldment. He was always getting a clearer realization of truth, always making a closer identification with the Father within. He was always ascending nearer to the goal of his purpose. Each day he developed more courage to overcome the false beliefs of the world.

The practical Christian likes to feel that his overcoming work has been pioneered by Jesus. Jesus has done nothing for man which man needs to do for himself. But He has pointed the way. Jesus has cleared the way in the wilderness; he has made the trail but he has not taken man's steps or performed man's work for him.

Jesus . . . had to learn as we are having to learn; He had to hold fast as we are having today to hold fast; He had to try over and over again to overcome, as we are doing.—*Miscellaneous Writings.*



## MONDAY, JULY 12

Today's Watchword: *The presence of God within me fills me with life and light and I am radiant and alive.*

One is not morose or listless when he is conscious of the presence of God within him. This presence so completely fills him with itself that there is no room for anything else. Where God is, there are life and joy.

When you feel blue, change your thinking. Instead of concentrating upon the things which seem discouraging, think of the radiance of your higher self. Think of God in the midst of you as the source of joy, life, light. Give your thought so completely to this contemplation that you actually feel the presence of God within you. The more you think of this, the more will this presence seem to expand. You will become completely enveloped in God.

Consciousness of God's presence within causes one to become aware of God's life and energy. One must consciously lay hold of this power and identify himself with it. He must think of it as something active within him. He must realize that it is his life and power.

We shine with the presence of the Holy One when we identify ourselves with it. The light of this glorious One makes us spiritually illumined.

There is a God within us, and we glow when he stirs us.—*Ovid.*

## TUESDAY, JULY 13

Today's Watchword: *Through my unselfish love, I discover God, divine love, in the very midst of me.*

Through exercising love, we find that love develops within us. We find that in loving and blessing another we increase our own blessings of love. We find that in giving expression to our love we have more love to express.

Love is unselfish when it is poured out freely and unlimitedly, without any thought of personal recompense. Unselfish love is universal and divine.

We shall not know God in his fullness until we know our fellow man in his perfection. We shall find complete love only when we share it unselfishly and impersonally. Through our love, we find God; we find our spiritual selves.

What shall we do about our enemies? Love them. Remember we do not primarily love or hate people. First, there exists our thought about them. This thought is either loving or unkind. People are represented in our minds by loving or unkind thoughts, our thoughts about them. We dwell upon these thoughts in such a way that feelings and emotions arise. If the thought we entertain about another is a loving thought, it will eventually become active as a feeling of love.

If we love one another, God abideth in us, and his love is perfected in us.—*I John 4:12.*

## WEDNESDAY, JULY 14

Today's Watchword: *I am not affected by beliefs in extreme weather. I am poised and centered in the peace and harmony of God.*

Thought has power to heat or to chill the body. One in anger may hold his body in a state of fever for hours. Regardless of the season or the weather, he may demonstrate in this way the power of thought to heat the body.

The thought of fear chills the body. We have seen evidences in extreme summer weather when one would turn almost icy cold through entertaining fear.

We can see how necessary it is that we entertain the right thought if we would be poised and harmonious during the summer.

Those who want to keep cool during the summer do not think about or discuss hot weather. They do not engage in anger or any emotional state that destroys self-control. They keep their bodies peaceful and harmonious because they are mentally poised.

"Now my soul is strong and joyous, 'neath the shadow of his wings;

There is cool and pleasant shelter, there are fresh and crystal springs."

For the eyes of the Lord are upon them that love him, he is their mighty protection and strong stay, a defence from heat, and a cover from the sun at noon.—*Apocrypha*.

## THURSDAY, JULY 15

Today's Watchword: *Conscious of my eternal oneness with Christ, I realize my mental and physical perfection and wholeness.*

In Truth, man is never separated from Christ or from Christlikeness in mind and in body. Adverse thought may blur his vision for a while and keep him from realizing his Christ nature but he must eventually turn to the realization that he is at-one with Christ in perfection and in wholeness. He must realize his eternal unity with God, his inseparable identity with all that is good and true and perfect.

Metaphysical healing is not a mysterious process. Man through erroneous thought has caused disease to appear. We do not think of disease, the product of wrong thinking and living, as a mysterious manifestation. When through right thinking we restore ourselves to Christ consciousness and health we should not feel that something miraculous has taken place. The law of Truth and health is no more mysterious than the so-called laws of disease.

When we lift ourselves to the Christ consciousness we see ourselves as we are seen in Christ, the Truth. We see ourselves perfect and whole.

Remember the object of all treatment is to raise the mind to the Christ consciousness, through which all true healing is accomplished.—*Christian Healing.*

## FRIDAY, JULY 16

Today's Watchword: *Divine Mind in me is the source of my inspiration and I think the noble thoughts of God.*

Man, knowing Truth, thinks the noble thoughts of God. Man, in spiritual consciousness, can think only that which is true of God and himself. Divine Mind is man's spiritual consciousness. Man can know God only through having spiritual consciousness.

Carnal mind is that state of mentality in which man views himself in a light other than as he is in the Truth of God. When in a state of mind in which he beholds himself or others separated from God—harmony, love, health—he thinks that man is imperfect and diseased. He remains in a state of carnal-mindedness until he perceives the divine truth and establishes it in consciousness.

The facts of Divine Mind are eternally true. When we unify ourselves with Divine Mind we think eternal truths. We behold man from that standpoint of the divine, even as Jesus did.

All the great prophets and spiritual teachers have based their work upon inspiration.

Students of Truth who are looking to some mind apart from themselves to send them good thoughts will ultimately be compelled, as Jesus was, to turn to and rely solely upon the spirit within.—*Getting the Clear Realization.*

## SATURDAY, JULY 17

Today's Watchword: *No longer viewing personal differences, I recognize the spiritual unity existing between me and all other persons in the world.*

If two people do not agree because of personal differences, they cannot hope to arrive at an understanding by magnifying the differences which seem to separate them. Dwelling upon differences tends to drive people farther apart.

There never were two persons in such a state of disagreement but what some point of agreement could be discovered. Many a dispute has been settled through the participants' having discovered a point of unity.

In the past religious sects have arisen because some group of people magnified the importance of some nonessential doctrine. In the present day we see efforts being made to cause religious people to lay aside sectarian differences and nonessential dogmas and to unify themselves in the basic principles of Christianity. Unity could not take place if differences were emphasized. Man must become aware of the principles at the basis of the Christian religion and be willing to unite through practicing them.

You will find that the nearer you both come to the perfect center, which is the Father, the less difference will there be between you and your brother.—*Lessons in Truth.*

## SUNDAY, JULY 18

Today's Watchword: *The I AM of me says, "I am God. I am that which knows neither disease nor defeat. I am eternally perfect."*

Man's I AM is his identity with God; it is that in him which is never identified with worldly changes. In the most exigent circumstances, even when it seems as if one is literally overcome by the manifestation of evil, hate, fear, and disease, one may often become conscious of that something within him which is not connected in any way with negative and adverse conditions. It is something peaceful and alive. It is something which has always seemed to be and which will eternally exist. It is the I AM.

Man has not always been conscious of this I-AM-of-God within him. Sometimes he thinks that he is of some other nature. His adversities may be so pronounced that he will cry out, "I am sick, weary, and faint."

In ignorance, he may identify himself with adverse conditions, but the Truth remains. He is in reality never separated from God. The I AM continues to exist, continues to speak, "I am sinless, sicknessless, deathless. I am of God."

I AM cannot be sick; I AM cannot be weary, or faint, or powerless; for I AM is All-life, All-power, All-good.—*Miscellaneous Writings.*

## MONDAY, JULY 19

Today's Watchword: *I will entertain no belief that any person, thing, or event can cause me unhappiness. My happiness is constant and eternal.*

Dissolve from mind the belief that people or things can make you happy or unhappy. We establish happiness or unhappiness for ourselves. Our happiness depends upon our optimistic reaction to people or things.

The people or things that you think make you unhappy today may some day make you very happy, some day when your mental reaction is favorable. Possibly you are the only person in their world who is unresponsive to them, unresponsive to the good that they radiate.

Change your thought. If you have been thinking intensely that some person makes you uncomfortable, change the thought and see how much enjoyment you can receive from him—and also give him.

Why are people with many friends usually happy? Because they have more contacts with happiness, more ideas of happiness in their consciousness. Every time you experience joy you build up a larger consciousness of it. Cease to think that external things can bring you happiness.

Happiness lies in the consciousness we have of it.—George Sand.



TUESDAY, JULY 20

Today's Watchword: *The Christ of God is a flame of life and health in me and in everybody else, and we are made whole.*

This affirmation is the Silent Unity healing thought for the next thirty days. Thousands of students will use it for their watchword for health, and great numbers will demonstrate health through the healing consciousness.

Each one has within a spark of divine fire. This is the source of his very existence. As he grows in consciousness of this divine flame within him it burns with a bright light; it generates more light and more health.

The fire of God burns up all the dross of evil thinking. Divine love consumes hatred; spiritual faith consumes fear and discouragement; spiritual understanding consumes ignorance and superstition.

The Christ life is flaming health in our midst. It is alive with energy and powerful with strength. It is radiant with healing light.

The ancients worshiped the sun. We worship the light of God within us. We recognize that this divine fire is greater in brilliancy than any external light. We recognize that it is the source of all our animation, all our vitality, all our energy.

Thy whole body . . . shall be wholly full of light, as when the lamp with its bright shining doth give thee light.—*Luke 11:36.*

## WEDNESDAY, JULY 21

Today's Watchword: *I give thanks for the increasing, multiplying Christ substance now apparent in my mind and my affairs.*

This statement is the Silent Unity prosperity thought to be used from July 20 to August 20.

Praise increases substance. Giving thanks for what we have causes our blessings to multiply. Gratitude and praise when exercised toward one's affairs affect them much the same as sunshine and rain do the plant.

We must think of our affairs as prosperous and see them increasing in prosperity if we hope to make our substance increase. This must be so apparent to us that we lose sight of all belief in lack.

Our affairs take on the character of our consciousness. One who is prosperous in rich ideas will find that these externalize and manifest as prosperity. His spirit of praise will be expressed in his affairs.

Those who have been limiting the expression of their prosperity through exercising thoughts of lack will find that a change of consciousness will readily manifest as prosperity.

The spirit of giving thanks must be so thorough that even in the face of lack one can go right on praising and multiplying his substance.

Jehovah thy God will bless thee in all thine increase, and in all the work of thy hands.—*Deut. 16:15.*

## THURSDAY, JULY 22

Today's Watchword: *The law of Christ Jesus active in my mind adjusts and regulates all my affairs.*

The right understanding of things as they exist in Truth will adjust and regulate our affairs in such a way as to bring them out of confusion into order. This understanding works as law; it works by a system of cause and effect. The consciousness of Truth is the cause; its manifestation, the effect.

The law of Christ is positive and supreme. When it is set into operation, all the so-called laws which seem to limit man are annulled. The law of Christ sets us free from the so-called laws of the realm of appearances.

There are no negative beliefs or laws to govern man when he places himself under the higher law. All his affairs line up to it. Every disorderly condition must come under its power and be righted. The spiritual law puts an end to negative beliefs. Under the government of spiritual principles, man's mind, body, and affairs are brought into the kingdom of heaven here and now.

The principle by which an airplane overcomes the power of gravity is similar to that one by which spiritual man overcomes material laws.

One could not correct the errors in a mathematical calculation without first understanding the rules governing numbers.—*Christian Healing.*

## FRIDAY, JULY 23

Today's Watchword: *I am not selfish or self-centered. I am willing to share my blessings with all people.*

Quite often one finds his salvation through having helped another. Service seems to take one away from theories and to show him practical applications.

During the war, many women who had been bored with life found their real selves and happiness through Red Cross work and other means of service. They saw the fallacy of trying to live to themselves, always attempting to find happiness in pampered existences. Some of them who were highly intelligent and cultured brought the wealth of their intelligence to the cause they hoped to help. They gave themselves to save others and, in doing so, found and saved themselves.

We have truly found the Light when we not only can help ourselves but can also radiate it in such a way as to illumine the paths of others.

One is self-centered when he seeks to direct all interests to his own personality. He broadens his life when he enlarges his sphere so as to include his fellow men. Finding happiness for them, he shares in the discovery.

There are those who, in earnest desire to know God, are always seeking the light for themselves, but neglect to use that which they already have to help others.—*Lessons in Truth.*

## SATURDAY, JULY 24

Today's Watchword: *I am one-pointed in mind and I am concentrated in all that I do.*

When we are one-pointed, we have ability to bring to a focus all the powers of our minds. We are not scattered in our thinking. Just as the lens brings the rays of the sun to a single beam of light and heat so do we bring our mental powers to one point when we are concentrated.

Some people do not demonstrate health through metaphysical understanding because they are thinking and demonstrating disease at one minute and then trying to declare Truth at the next.

Some students do not get quiet when trying to practice the silence because they let their minds run along various channels when these should be directed in prayer.

The mind is almost as wabby as a jellyfish unless it is disciplined to stay right where one places it. Strengthening the various faculties of the mind—faith, love, judgment, will, and so forth—causes the mind to take a grip on itself.

The Hindus teach their students the value of one-pointedness and those who learn to demonstrate the teachings of the Orient are masters in concentration.

The ability to be one-pointed helps one to bring his mind to bear upon whatever he undertakes.

Girding up the loins of your mind.—*I Peter 1:13.*

## SUNDAY, JULY 25

Today's Watchword: *There is but one God in my life—God, eternally alive.*

Most of us believed at one time that God was something quite remote from us and our lives. God was pictured to us as something external to us.

In some religions, death is so celebrated that one would almost think that God was a god of death and not the God of life. God is sometimes pictured as living in some realm inhabited by the dead. The practical Christian knows that God is life, inherent within him, and he seeks to know more of God, thereby enjoying more of life.

So long as we keep the consciousness of God as more of God. Also, in knowing more of God we enlarge our consciousness of life. The terms "God" and "life" are virtually synonymous. God, of course, includes other things besides life.

As long as we keep the consciousness of God as our life, just that long do we keep alive. Death results when man loses hold of life. Thus, we see that lack of consciousness of God as our life is suicidal.

Every part of the body needs to be kept thoroughly alive. The purifying, renewing, vitalizing presence of God causes new life to spring forth. God life manifests itself in the body as new cells, new nerve force, new muscular energy.

God! there is no God but he, the living, the self-subsisting.—*Koran.*

## MONDAY, JULY 26

Today's Watchword: *I will no longer belittle myself or my ability. I am God's perfect and efficient child.*

It is often necessary to stir ourselves from the belief that we have no importance in God's great universal plan. It is sometimes easy to feel that one could drop out of the great scheme of things and not be missed. But not even a sparrow falls to the ground unnoticed in the Father's great plan.

We see others about us who seem much more capable than we. But should they not be examples to us of how man can develop his capacities? We see others who have attained great mental and spiritual powers. Should we not know that man can do what man has done, thereby declaring our own ability to accomplish as much or even more than others have accomplished?

Each one has his place in God's plan. He may not always be functioning to the fullest or measuring up to what is expected of him, yet he should feel that he is growing in some way in usefulness.

One does not belittle himself or feel that he is insignificant when he discovers the power of God within him.

However humble your place in life . . . you are just as much a necessity to God in his efforts to get himself into visibility as is the most brilliant intellect.—*Lessons in Truth.*

## TUESDAY, JULY 27

Today's Watchword: *Through my consciousness of freedom, I grant all others perfect freedom from any tendency on my part to limit or restrict them. I rejoice in their God-given right to freedom.*

One does not have a perfect consciousness of freedom if he holds any belief whatsoever that man should be or can be restricted or limited in his expression. When we make a law which binds another we but adulterate our consciousness of freedom. We should be willing to abide by the laws that we make for another. If you are inclined to hold others to your personal desires and will, try the plan of placing the same restriction upon yourself. This will work a cure.

Jesus' message was one of freedom, unqualified freedom. His teaching was centered around the proposition of making men free through freeing them mentally. He sought to establish the truth in consciousness so that their minds would be no longer in bondage to misconceptions. He granted all men freedom. He showed no tendency to hold them to his personal viewpoints.

One of the surest signs that a person is no longer in bondage himself is his willingness to give others their freedom, to allow others the privilege of seeking and finding God as they will.—*Miscellaneous Writings.*



## WEDNESDAY, JULY 28

Today's Watchword: *Through my consciousness of truth, I see back of all appearances. I see things as they exist in reality.*

Quite often one allows himself to become very unhappy because his mind has dwelt upon some situation judged entirely by appearances. We have all had the experience of brooding over some matter only to discover that things were not at all as we had supposed them to be. We had allowed ourselves to be carried away by surmises and appearances.

Sometimes we judge people by what appear to be their motives only to discover to our utmost surprise that their motives were much more unselfish than we had supposed them to be.

The next time that we are inclined to judge some one by appearances, let us try to see how unselfish he possibly is and how noble his purpose. Possibly we shall find that he almost measures up to this standard. Even our thought will prove helpful to him and will assist him to take a higher stand.

We shall arrive at a certain consciousness in which we shall no longer be interested in appearances. We shall be able to see right through the fog of appearances and see the truth shining in all its fullness. We shall see things as they exist in absolute truth, as they are in God.

A mind that is charmed by false appearances refuses better things.—*Horace.*

## THURSDAY, JULY 29

Today's Watchword: *Through mastering self and my own affairs, I gain the consciousness in which I can help others.*

One teacher has referred to the eleventh commandment as this: "Mind your own business." Possibly a more gentle statement would be: "Master yourself first and look after your own affairs."

Before we can help others or advise them we must be on the way to bringing about a reform in ourselves. We must let others see that we are at least making every effort to practice what we preach.

If we are exalted to the Truth, all men will see our light and be drawn to the Christ. We must be lifted up in mind, body, and affairs.

Through mastering ourselves we gain a consciousness of Truth which we do not have when we think of it solely as theory. This helps us to instill in the minds of others the fact that it is practical.

One who tries to reform others before he has tried to "take his own medicine" finds that his efforts are futile. On the other hand, if he has reached that consciousness of Truth in which he has been able to help himself, he will find others ready to listen to his advice. They will seek him out.

If one wishes to be able to help others, let him acquire the technique by first mastering himself.

Study to be quiet, and to do your own business.  
—1 Thess. 4:11.

## FRIDAY, JULY 30

**Today's Watchword:** *Through faith in my own ability, I have power to do whatever I undertake.*

Faith gives us power to take hold of an idea and give it substance and reality. The one who has faith in himself is able to undertake anything and make a success of it. He has faith in the unfailing Christ within him. He has faith in his own divine manhood.

Substance is the underlying reality back of every true idea. It is the indestructible framework upon which a true idea is built. When we place our faith in our work we give it the same substantial character that substance gives to an idea.

Faith gives substance to ideas in such a way that they come into manifestation through its exercise. Faith seems to clothe ideas so they can express themselves.

All great men have faith in what they can do. They seem to lay hold of that inner power which knows no defeat. Their innate capacities come forth in such volume that they literally stand aside and see invisible powers work out their plans.

Jesus had great faith in the ability of his higher self. He referred again and again to the works of his indwelling Father.

Faith is ever active, and it should be made the true substance of every idea.—*Christian Healing.*

## SATURDAY, JULY 31

Today's Watchword: *I do not practice double-mindedness. I think about and see only that which is of God, the good.*

When we have a double standard of thinking, we are engaged part of the time in seeing evil, part of the time in seeing good. We are seeing the absence of God, when we should be trying to see his presence at all times.

If we recognize evil or disease as having place, power, reality, or permanence in truth, we weaken our consciousness of truth. We weaken our concept that in Truth only good and health can have presence and permanence.

If we think about hate and fear, we weaken our consciousness of love and courage. The negative idea is the black ink which soils the immaculate character of our true thoughts. Our thoughts cannot be kept pure if there is a destructive idea in mind.

If a man would demonstrate prosperity and success in his business, he cannot afford to entertain ideas of lack and failure. If he has double vision, if he is seeing failure with one eye, he is exercising but half his power to bring success to bear upon his affairs.

An uneducated little colored woman . . . said, "Lookin' at God with one eye and this evil with the other is being double-eyed, and God tole me to keep my eye single."—*Lessons in Truth.*

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